

SUMMER 2018 • GRAND FORKS ND

# VALLEY *Times*



## BUILDING FOR OUR FUTURE



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Mission Statement

*"Valley Memorial Homes provides compassionate Christian care and service to enhance the quality of life for those we serve."*

**Valley Memorial Homes**  
**Valley Memorial Foundation**

2900 14th Avenue South

Grand Forks, ND 58201

701-787-7984 • [www.valleymemorial.org](http://www.valleymemorial.org)

If you would like to be removed from our mailings please contact us.



## Building for Our Future

*Garth Rydland, President/CEO Valley Memorial Homes*

2018 has been an exciting year so far for improvements to the 4000 Valley Square and Valley Eldercare Center campuses.

This spring we opened the new activity room for Wheatland Terrace assisted living at 4000 Valley Square (see cover photo). Soon a new courtyard will be complete for enjoying our beautiful weather. Finally, a convenient entry and parking lot will be available for families and visitors.

The 20 bed nursing home addition to Woodside Village at 4000 Valley Square is nearing completion and will be opening this summer. We are so excited to have our first two "households" within our nursing home, which is a grouping of ten rooms built around a common area of a dining and living room. The private rooms all have spacious bathrooms with showers. If residents need assistance with transfers, a ceiling lift system is available in those rooms for safe and convenient transfers. In this area we are trialing a new wireless nurse call system which will give residents more autonomy through having a call button that they will be able to push anywhere in the new addition and receive assistance.

The renovations are currently underway for our Head Start preschool classrooms at 4000 Valley Square. We will be the location for the first partnership of its kind in this area of the country! We are excited for the first school year to start this fall!





If you haven't seen Valley Eldercare Center in the last few months, we have been transforming social areas into a more homelike setting. The changes in our central dining and recreation areas have been impressive. We have renovated our center area hallways to look like the outdoor facades on buildings. The facades have been so realistic that some visitors have wondered who lives upstairs on the second floor!

Also at Valley Eldercare Center, we are in the process of converting 16 semi-private rooms to private rooms. These will be the most spacious of our private rooms and we are excited to see this upgrade in accommodations for our residents.

These changes are the result of years of planning and work to improve the homes for the residents we serve. We are truly blessed to have these facilities for the residents of our community, and we will strive to continue to improve in every way to make each day the best they can be for the residents we serve!

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**TOP:** Reeves Neighborhood – Valley Eldercare Center

**BOTTOM:** Chaplain Gwenn Bazajou leads worship in the newly renovated chapel at Valley Eldercare Center.



# SMART WAY TO Save on Your 2018 Taxes

## FOR THOSE OVER 70½

If you're considering making a gift to a qualified charity, like Valley Memorial Foundation, and are over age 70½, using your IRA as the source may be an attractive option.

Congress passed the Protecting Americans from Tax Hikes (PATH) Act, permanently allowing IRA owners who are at least 70½ years old to give up to \$100,000 directly from their IRA to a charity without having to include the distribution in their taxable income.

Donating the funds directly to a qualified charity, like Valley Memorial Foundation, allows the IRA owner to avoid taking possession of the funds and, more importantly, to avoid the tax bill that normally comes along with IRA distributions. Additionally, this qualified charitable distribution (QCD) can be used to satisfy the IRA owner's required minimum distribution (RMD).

Qualified charitable distributions can be particularly beneficial to individuals with most of their financial assets in their IRA, retirees who don't need their required minimum distribution (RMD) for income, and the charitably inclined who don't itemize deductions on their tax return.

If you are unsure how this strategy might affect your tax situation, it is important to consult with your tax advisor. Additionally, if you choose to take advantage of this strategy, it is advisable to work with your IRA advisor to make sure the qualified charitable distribution is processed correctly.

Feel free to contact the Valley Memorial Foundation if you have any questions or would like more information about gifting an IRA distribution.

**This material is not intended to address all issues related to charitable giving. When considering charitable giving, talk with your tax, legal, or financial advisor. The Valley Memorial Foundation does not render legal, tax, or other professional advisory services.**

She answered an ad in the Grand Forks Herald in 1960 - RN Assistant Director of Nursing - Valley Memorial Homes - Almonte.

Her first day was April 15, 1960 and she told her family she would stay until fall. Those few short months turned into 22 years!

Mom had two families - us - her husband Earl, we four kids, and Valley Memorial Homes. After retirement her days were filled with family including many grandchildren and her Valley friends.

By the spring of 2017, at age 94, it was obvious mom needed to have someone care for her for a change. With some gentle persuasion she moved into assisted living at Valley Memorial Homes. It was such a relief to our family to know that most importantly, she was safe. The respect and kindness she was shown was just icing on the cake.

After a fall in November, she moved into skilled nursing at Valley Memorial Homes. You can't imagine how thankful we were that you were able to continue caring for her.

December was a challenging month, but you continued to treat her with such kindness, compassion and respect that we don't look back at it as difficult now. Mom passed away the end of December and you were there for her. God Bless you all. What you do isn't easy, but to families it's priceless.

Helen Halle Family



# vol·un·teer (verb) (noun)

freely offer to do something or  
a person who freely offers to undertake a task

This definition only touches the surface of what our volunteers mean to us. Our volunteers freely offer to undertake many tasks and opportunities

at Valley Memorial Homes. We have over 300 people who come through our doors to make a difference for those who call Valley Memorial 'home'.

## « Dakota Campbell »

Dakota Campbell is one of our younger volunteers. She recently played for our Volunteer Appreciation banquet. She is nine years old and goes to school at Central Valley. She lives with her family in Reynolds, ND. She began taking harp lessons last fall and got her own Lyon & Healy Troubadour harp just days before the banquet.

When asked why she likes to volunteer she said, "It's time I can spend helping other people, instead of wasting my brain on TV."

## Louise Greff »

Louise Greff (seated right) and therapy dog, Lacey, enjoy a visit with Valley Eldercare resident, Toby. Louise and Lacey come each week to visit with the residents and add a little joy to their lives.

Lacey has been visiting with residents for over a year and offers up a handshake when asked to do so.

Louise says, "I love coming to spend time with the residents of Valley Memorial Homes. Lacey and I get so much out of our visits. We enjoy coming to see the residents as much as they enjoy visiting with us."



Photo credit: NINE18 Photography

## Beth Riesinger »

Beth Riesinger (left) offers a neck massage to Wheatland Terrace resident, Dolores. Beth offers this wonderful service twice a month to the residents of Wheatland Terrace.

"I love being with seniors and making their life better. This is an easy way for me to make a difference," says Beth.



## « Myra Café »

Myra Café Volunteers enjoy helping people. They serve meals and snacks to residents, staff, families and the community five days a week at the 4000 Valley Square campus. Together they volunteer over 30 hours a week.

**Pictured here:** (standing) Ray, Stephanie, Judy, Jerry, Richard, Sandy (seated) Mae, Kathy, Marilyn, Bridget, Marge. Volunteers not pictured: Kyle and Emily.

These volunteers give selfishly of their time and talents to enhance the lives of our residents. In April we honored our many volunteers

who gave over 8,000 hours in 2017. Pictured above are just a few of our wonderful volunteers.

# Donor Thanks

We appreciate your generous hearts and are grateful to be a part of such a caring community! Every effort is made to correctly list donors, but if we inadvertently omit or misspell your name, please let us know. If you have any questions please call the Foundation Office at 701- 787-7984. Gifts listed were given from February 1 to May 31, 2018.

## ONGOING PROJECTS AND PROGRAMS

Amazon Smile Foundation  
Becca Bahnmitter  
Daryl & Jennifer Bushee  
Ethel Marie Jennings  
Gate City Bank  
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In Memory of  
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Family of Janis Hausmann

**WOODSIDE VILLAGE  
ACTIVITIES  
In Memory of  
Alice Rustan**  
C. J. Kelley

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Harriet Omlie Family

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**WOODSIDE VILLAGE  
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In Memory of  
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Wayne & Erlene Erickson

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OAKCREST  
In Memory of  
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PRAIRIEVIEW  
In Memory of  
Phyllis Pulkrabek**  
Phyllis Pulkrabek Family

**WOODSIDE VILLAGE  
WISHING WELL**  
Jerry Vein

**In Memory of  
Millie Loseth**  
Steve O'Toole

**Violet & Art Grove**  
Jacquelyn Hegstad

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Marla Hoff

**VALLEY ELDERCARE CENTER  
ACTIVITIES  
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**VALLEY ELDERCARE CENTER  
WISHING WELL**  
Jerry Vein





**VALLEY ELDERCARE CENTER  
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LANARK**

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Rachel Goebel

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**Donald Kopecky**  
Rachel Goebel

**Fred Peterson**  
Rachel Goebel

**Jerry Hamerlik**  
Rachel Goebel

**Ronald 'Jeff' Jeffrey**  
Rachel Goebel

**VALLEY ELDERCARE CENTER  
REEVES**

**In Memory of  
Ethel Sondreal**  
Henrietta Beiswenger

**COUNTRY ESTATES**  
**In Memory of  
Phyllis Pulkrabek**  
Gertrude Behm

**WHEATLAND TERRACE  
ACTIVITIES**

**In Memory of  
Shirley Bostrom**  
Paul & Debra Arnason  
Phyllis Tweton  
Ronald Apanian  
Susan Bostrom

**TUFTE MANOR**  
**In Memory of  
Don Robb**

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ACTIVITIES**

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Susan & Larry Hanson

**In Memory of  
Gary Pladson**  
Gloria Foss

**Marjorie Mauland**  
Gloria Foss

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Chaplain Walter & Ellen Beaman

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ACES Program  
Development Homes-  
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St. Paul's Lutheran Church  
Trinity Lutheran Church  
University Lutheran Church

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Our Savior's Lutheran Church  
St. Mark's Lutheran Church  
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Women

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ENDOWMENT**

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ENDOWMENT**

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Garth & Christine Rydland

**Lori Muir**  
Garth & Christine Rydland

**Marion Hahn**  
Garth & Christine Rydland

# Giving Made Easy

**ONLINE GIVING** We have online giving on our Valley Memorial Homes website. To access our online giving:

[www.valleymemorial.org](http://www.valleymemorial.org)

**Ways to Help**

**Donate Now**

Simply fill out the form using either a credit card or PayPal. One recent online donor stated that it was an easy way to make a gift with the assurance that the gift would arrive within minutes.

**THRIVENT CHOICE** Thrivent Financial has a charitable program called Thrivent Choice. This program offers Choice dollars to qualifying Thrivent Financial members. As a member who receives these dollars you may choose a non-profit organization, such as Valley Memorial Homes, to receive those dollars. If you have Thrivent Choice dollars to allocate, we ask you to consider Valley Memorial Homes as you help direct Thrivent Financial charitable funds. To make a gift through Thrivent Choice call 1-800-THRIVENT or go to [thrivent.com](http://thrivent.com).

**MEMORIAL AND HONOR GIFTS** These gifts are a tribute to loved ones. Provided below is a form that can be filled out and sent to the Foundation office. These gifts will be listed in future issues of the *Valley Times* newsletter.

For more information about any of these giving options contact Sue in the Foundation Office at 701-787-7984 or [sbjornstad@valleymemorial.org](mailto:sbjornstad@valleymemorial.org).

## Gift to Valley Memorial Foundation

Enclosed is my/our gift of \$ \_\_\_\_\_ (Please make checks payable to Valley Memorial Foundation)

Name \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

Please designate my gift to \_\_\_\_\_

In Honor of \_\_\_\_\_ Occasion \_\_\_\_\_

In Memory of \_\_\_\_\_

Please notify this person of the gift

Name \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

**Thank you for your gift to Valley Memorial Foundation, 2900 14th Avenue South, Grand Forks, ND 58201**



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We welcomed Chaplain Charles "Bud" Johnson to our staff in April. He is coming here after serving as a Parish Pastor for over 40 years.

Chaplain Bud grew up in Montana and came to this area to attend Concordia College in Moorhead, MN. He graduated from Luther

Seminary in St. Paul, MN and was ordained into the ministry of the Lutheran Church in 1977. He has served parishes in Eastern North Dakota and Augustana in Grand Forks, ND. He then served as an Interim Pastor for two area churches. He began his ministry with Bethany Lutheran Church in rural East Grand Forks, MN and Holy Trinity in Tabor, MN in 2000 and recently resigned to accept a call to be a Chaplain at Valley Memorial Homes. Bud has been a frequent visitor in our facilities as a local pastor and as the Secretary of our Valley Memorial Homes Executive Board.

Bud is married to Claudia, and they have four children who are grown and spread throughout the country. They have eight grandchildren in three different states, whom they thoroughly enjoy.

He looks forward to this new ministry serving residents, families and staff at 4000 Valley Square and Tufte Manor.

## Valley Memorial Homes is blessed to partner with 25 area Lutheran congregations.

These governing congregations support us with gifts of time, talent and treasures. Their pastors continue to serve their parishioners through visits and communion.

### *Thanks to the following congregations for their support:*

Ascension, Augustana, Bethany, Bethel, Bygland, Calvary, East Walle, Evanger, Family of God, Fisher, Middle Grove, Ness, Our Savior's, Redeemer, Reynolds, Sharon, St. Mark's, St. Matthew's, St. Paul, Trinity, Trinity Free, United, University, Walle, Zion-Oslo

